



Linda Ivell from Déjà Vu

Vintage looks on catwalk

THE glamorous fashions of the 1940s and 1950s are the focus of a charity fashion show at Wotton-under-Edge on October 16.

The show is being hosted by Wotton Ladies' Circle to raise funds for their charity of the year, Gloucestershire Young Carers.

Volunteer models from the Ladies Circle, local stores as well as young carers and their supporters will strut the catwalk in a range of vintage outfits from Déjà Vu Vintage Clothing, which is based at Gloucester Antiques Centre.

Tickets cost £7 and will include a glass of wine, a pudding and a goodie bag. The event is being held at the Blue Coat School Wotton-under-Edge from 8pm. Circle chair Trish Harris said: "The work that Gloucestershire Young Carers does is extremely important and we want to support our local group in Dursley.

"We are hoping the Vintage Clothing Show will be a lot of fun as well as having a serious message behind it."

Tickets are available from Square Eyes News, Wotton-under-Edge, Déjà Vu at Gloucester Antiques Centre and Gloucestershire Young Carers.

Phone 07977 425113 or email wottonladiescircle@hotmail.com for more information.

Need a bit of a lift? Weekend has the undercover story

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The wrong back size - Sandra checks by pulling the strap away

You can't beat gravity, as they say and no matter what your age, a good-fitting bra will give you confidence and make your clothes look better. Follow **WEEKEND'S** tips from the experts

YOU know the problem... you've spent a fortune on an eye-catching top or dress but when you get home, it still doesn't look quite right.

And the problem isn't so much what's on top, but what's underneath.

As we all know, what's pert in your twenties, can't defy gravity by the time you're in your fifties. And even in your teens and twenties, woman who are bigger on top need a flattering and uplifting silhouette.

Basically ladies, a good-fitting bra and a bit of oomph is what we need.

It's a problem Cotswolds image style consultant and personal shopper, Kate Parker, comes across all the time.

"Nine out of 10 of my clients are wearing the wrong sized bra when I first meet them," she says.

"We all need a sheepdog bra - one that rounds them up and points them in the right direction.

"The most common mistake is wearing a bra that is too big in the back and too small in the cup. Getting the right foundation is key and can have a huge impact on the fit and look of our clothes.

"This is especially the case for women who have fuller busts and shorter waists. A good bra lifts your bust and creates waist

definition, making you look instantly slimmer and more youthful.

"It is important that we are regularly fitted for a bra as our breasts can change shape as a result of weight fluctuation and hormonal changes."

Fitting the right bra is a skill for experts like Sandra of Sandra Dee in Montpellier, Cheltenham.

She can just look at a customer and know which style and size of bra will work best. Variations in rib cages, the space between our breasts and overall shape mean that some bra styles work better than others.

Said Sandra: "A bra is something we wear every day, so it's important to get it right. At Sandra Dee we guide our customers to find what works best for them.

"It's amazing what a difference the right fitting bra can make to a woman's look and her confidence." Sandra recently combined her two shops and customers can now buy lingerie, swimwear and nightwear on two floors at the Montpellier Walk store.

■ Kate Parker Style: Call 01242 620687, visit www.kateparkerstyle.com or email kate@kateparkerstyle.com

■ Sandra Dee Lingerie & Swimwear, Montpellier Walk, Cheltenham: Call 01242 238427 or visit www.sandradee.co.uk



Pictures: Robert Davis 097355_2

SANDRA SAYS . . .

- Today's average bra size is 36C.
- Many women are still wearing the same size bra as they did when they started their first job.
- The British Medical Association has called for a bra fitting service to be available on the NHS, believing that this would reduce the number of women requesting breast enlargements.
- 1.5 million bras are sold in the UK every week.



RIGHT



WRONG

Sandra, who runs Sandra Dee, left, and image style consultant Kate Parker, right, help customer Penny choose a style

KATE SAYS . . .

- Always wear nude under white, as any other colour including white, or ivory, will show.
- Pre-formed bras in black and nude, as well as in strapless versions should ideally be in every woman's underwear wardrobe.
- Hand-washing your bras is the best way to care for them.
- When trying on a bra, put your top back on to see how it looks under clothes.
- A bra should fasten on the loosest hook when you buy it and feel firm and secure. As the bra ages you tighten the bra - once the last hook doesn't provide the necessary support it's time for a new bra.
- Seamless bras are great under T-shirts, knitwear and close fitting tops.

Laura Leigh
hairdressinc

10% off your next colour with our senior colour technician Gemma

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Beauty update

Smile . . .

What can you do about those annoying lines around your mouth that suddenly seem to age you? A new product from Caci International claims to reduce expression lines and lift your skin in just 28 days.

Packed with amino acids and peptides, powerful essential oils and five pioneering anti-aging ingredients, the new Amino-Lift Peptide Complex Cream is £45 from salons.

Billed as a safer option to Botox, you just dab on twice a day. Call 0208 731 5678 for stockists.



Ceramide care

If you love Elizabeth Arden's anti-aging ceramide skincare range, look out for new make-up products with the same high-tech benefits.

Ceramide Skin Smoothing Concealer, £17, hides dark circles, while minimising fine lines, firming and toning the delicate under-eye skin. Ceramide Cream Blush, £22, combines glowing colour in enticing shades of nectar, pink, honey and plum with treatment ingredients.

The collection already includes lipstick, foundation, powder and mascara.



What colour suits you?

HAIRDRESSERS Peter Hickman are hosting a colour evening at their Gloucester salon on September 30.

Experts from the L'Oreal Professional Team and Peter will be offering advice on the latest colours and what will suit you from 6.30pm-8.30pm.

The event is at Russell Chambers, Whitfield Street and there are refreshments and goodie bags to take home. Call 01452 520567 for more information or to book your place.



Floral dance

A new fresh floral fragrance from Nina Ricci is launched on Monday. The glamorous Ricci Ricci costs from £27.99 at The Perfume Shop, Regent Arcade, Cheltenham.

Browse two floors of beautiful lingerie, swimwear and nightwear in Montpellier.

Or shop online at www.sandradee.co.uk



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